

**AFRH - W / MASTER MENU / J, 2019 CYCLE TWO - REGULAR LINE**

<b>2-&gt;</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N</b>	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled  French Toast Pork Bacon Biscuits / Sausage Gravy	Egg Drop Soup Vegetable Soup Stuffed Peppers w Tomato Sauce  Teriyaki Chicken  Stir Fried Rice Stir Fried Asian Vegetables Broccoli Florets Assorted Rolls	Vegetable Soup Egg Drop Soup Assorted Sliced Deli Cold Cuts  Country Fried Steaks/White Gravy  Roasted Baby Potatoes Broiled Tomatoes Brussels Sprouts Yeast Rolls / White & Wheat Bread
<b>2-Mar 2020</b>			
<b>T U E S</b>	Donuts / Bran Muffins  Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnais Potatoes Biscuits / Country Gravy	Cream of Tomato Soup Navy Bean Soup Enchiladas Barbeque Beef Brisket Macaroni and Cheese Sautéed Carrots Fresh Spinach Salad Yeast Rolls	Navy Bean Soup Cream of Tomato Soup Sliced Deli Turkey Baked Salmon w/Cucumber Sauce Wild Rice Sugar Snap Peas Okra and Tomatoes Bread Stick / White & Wheat Bread
<b>3-Mar 2020</b>			
<b>W E D</b>	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon  Hash Browns Biscuits / Country Gravy	Minestrone Soup Lobster Bisque Assorted Deep Dish Pizza Slices Swedish Meatballs w/Gravy Mashed Potatoes and Gravy Stewed Cabbage  Creamed Corn O'Brien Yeast Rolls	Lobster Bisque Minestrone Soup Philly Chicken & Cheese Sub Fish & Cheese Sub Krinkle Cut Fries Mushrooms & onions  Coleslaw
<b>4-Mar 2020</b>			
<b>T H U R S</b>	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order  Eggs - Scrambled / Hard Boiled Sausage Pattie / Spam Apple Pancakes Biscuits / Country Gravy	Corn Chowder Chicken Noodle Chicken Tenders Smothered Pork Chops  Blackeyed Peas w/Rice Collard Greens Harvard Beets Corn Muffins / Cornbread	Chicken Noodle Corn Chowder Assorted Sliced Deli Cold Cuts  Roasted Turkey w/Gravy  Cornbread Dressing / Cranberry Sauce Mashed Potatoes / Brown Gravy Green Peas / Creamed Cauliflower Brown&Serve Rolls / White&Wheat Bread
<b>5-Mar 2020</b>			
<b>F R I</b>	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Cream of Broccoli Soup Manhattan Clam Chowder Hot Rueben Sandwiches Buffalo Shrimp Bake Potatoes w Sour Cream Fried Okra Coleslaw Hushpuppies	Manhattan Clam Chowder Cream of Broccoli Soup Sliced Deli Roast Beef Chicken Cordon Bleu Scalloped Potatoes Asparagus Spears Southern Fried Succotash Slider Rolls / White & Wheat Bread
<b>6-Mar 2020</b>			
<b>S A T</b>	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brien Potatoes Biscuits / Country Gravy	Split Pea Soup w/ Ham & Carrot Soup Kielbasa Cabbage Soup Egg Salad Grilled Liver and Onions Mashed Potatoes w/Gravy Rutabagas Creamed Spinach Assorted Rolls	Kielbasa Cabbage Soup Split Pea Soup w/ Ham & Carrot Soup Sliced Deli Turkey Char Grilled Chopped Steak Baked Potato w/Sour Crm/Butter Whole Green Beans Glazed Baby Carrots Brown/Serve Rolls / White & Wheat Bread
<b>7-Mar 2020</b>			
<b>S U N</b>	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks  Strawberry Belgian Waffles Biscuits / Country Gravy	Red Bean Soup Turkey, Spinach, Lentil Soup Seafood Salad Chicken w/ Dumplings Sautéed Squash  German Blend Vegetables  Croissants	Turkey, Spinach, Lentil Soup Red Bean Soup Sliced Deli Chicken Braised Beef Ribs n Onions Steamed White Rice Normandy Blend Veggies  Fried Zucchini  Dinner Rolls / White & Wheat Bread
<b>8-Mar 2020</b>			

**CH ONL DESSERTS - REGULAR LINE**

**Mon** Peach Pie  
  
**Tue** Fudge Macaroon Cookies  
  
**Wed** Carrot Cake  
  
**Thu** Pecan Blondie \*\*\*  
  
**Fri** Coconut Cream Pie  
  
**Sat** Chocolate Cookies  
**Sun** Rice Pudding \*\*\*

**DESSERTS - DIET LINE**

NSA Apple Pie  
  
Assorted SF Cookies  
  
Fresh Fruit Cups  
  
Angel Cake w/Crushed Pineapples  
  
Vanilla Pudding, NSA  
  
Assorted SF Cookies  
Tropical Fruit Cups

**DAILY SHORT ORDER LINE - LUNCH ONLY**

Grilled Hamburgers w/ Buns / Sliced Cheese  
  
Grilled Hot Dogs w/ Buns / Chili / Cheese Sa  
  
Grilled Chicken Breast w/ Corn Rolls  
  
Grilled Cheese Sandwiches on White or Wh  
  
Condiments: Green Leaf Lettuce / Sliced To  
  
Sliced Red Onions / Dill Pickle Slices  
Horseradish / Bacon / Assorted Chips